

Use ice packs



Perform  
aromatherapy



Drink raspberry  
infusions



Eat iron-rich  
foods



Supplement  
with vitamins



# How to Stop HEAVY PERIODS

Heal with herbs



Prepare yarrow  
tea



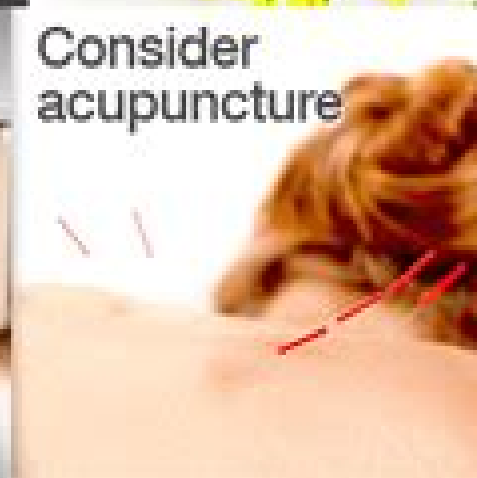
Consume a  
valerian and  
cramp bark  
cocktail



Exercise and  
meditate  
regularly



Consider  
acupuncture



# Natural Ways To Relieve Heavy Menstrual Flow And Anemia

**G Thomas**



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